



Health Professionals
Committed to the
Reproductive Needs of
Children and Adolescents

Tranexamic Acid (TXA) For Heavy Menstrual Bleeding

What is Tranexamic Acid (TXA)?

TXA is a prescription medicine (sometimes called **Lysteda**) that helps decrease bleeding from heavy periods. Some people use TXA for other types of bleeding (like nosebleeds).

How does TXA work?

The body has a system of checks and balances for the normal blood clotting process. After a clot is formed, to stop the bleeding, the body breaks it down by producing enzymes that dissolve the clots building blocks. TXA is an antifibrinolytic (anti-fibrin-o-li-tic) that stops clot breakdown and keeps the clot in place for longer. TXA DOES NOT form a clot. TXA helps decrease bleeding by delaying clot breakdown. TXA is not designed to STOP bleeding.

How long is TXA taken for heavy periods?

You start TXA on the first day of your period and you typically take TXA for up to five days in a row (you can stop sooner if bleeding stops).

What if I miss a dose?

If you are late for your dose, take it as soon as you remember. If you have questions about a missed dose, if you throw up, call your doctor's office. DO NOT "double-up" the TXA dose to catch up. Try not to miss any doses. If you miss a dose, TXA doesn't work as well and you might have more bleeding.

How do I take TXA Pills if I can't swallow them?

The pills can be dissolved in water. TXA is taken every 8 hours (three times a day). If one of your doses is supposed to be at night, you should wake up to take it.

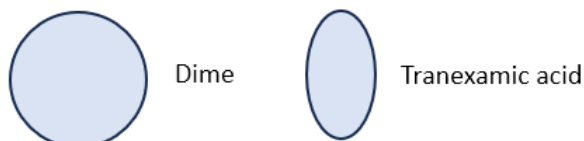
Each 650 mg tablet should be crushed and completely dissolved in 1 tablespoon of water for 2-5 minutes.

For example:

650 mg (1 tablet) needs 1 tablespoon of water

1300 mg (2 tablets) need 2 tablespoons of water

Swallow the dissolved pill/water mixture immediately. It is okay to add honey, chocolate syrup or juice to improve the taste. **This picture shows the size of TXA :**



Who should not take TXA?

- if you have kidney or bladder injury/bleeding
- if you have a clot in a vein or artery
- if you have heart, kidney, or liver disease
- if you could be pregnant
- if your hematologist says you cannot take TXA

Are there any side effects?

Some people who take TXA have mild nausea, headaches or a runny or stuffy nose. Call your doctor's office if you or your pharmacist have any questions about TXA or if your bleeding is very heavy despite taking TXA.